

HEALTH MATTERS



For Your Health

BY LARRY LUCAS

Many of us focus on the wrinkles and gray hair that are an unavoidable part of the aging process. But with age also comes wisdom and knowledge gained through a lifetime of experience. As I look toward my own retirement, I want to be able to enjoy time with my family and friends, and share some of my own life lessons with the next generations. In order to ensure that I – and other seniors in our community – have many healthy years ahead, we need to be certain that proper care for chronic aging-related diseases is a priority.

Across the country, more than 11 million African American children grow up with a grandparent in the home. This dynamic can present a tremendous opportunity for differ-

ent generations to learn from one another, and for grandparents to be actively involved in their grandchildren's lives. Many of my friends have had more fun being a grandparent than they did raising their own children! But chronic diseases that disproportionately affect African American seniors, like high blood pressure and arthritis, can rob grandparents of this precious opportunity.

Most African American seniors have at least one chronic condition and many have multiple conditions, according to the Department of Health and Human Services. Among the most frequently occurring chronic conditions are high blood pressure and diabetes. Both of these chronic diseases are more common in older African Americans than older whites, and they are also known risk factors for Alzheimer's disease. According

to the Alzheimer's Association, these factors may account for some of the differences in prevalence of Alzheimer's among other racial groups: African Americans are nearly twice as likely to suffer from Alzheimer's as their white counterparts.

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Though we can't control aging, we can take steps to manage chronic aging-related diseases. To manage conditions like hypertension and diabetes, it's so important to follow your doctor's recommendations – this means exercising, eating right and

taking your medicine regularly. It is important to keep a list of your medicines, including non-prescription medicines, and give the list to each doctor you consult. Give a copy to a family member as well, and update it every time you visit your doctor or get a new prescription. Let your

doctor know about any illnesses or conditions for which another doctor or health care professional is treating you.

As we get older, it's just as important to keep our minds active as it is our bodies. Social engagement

with family and friends and participating in mentally stimulating activities can help seniors stay healthy and might also help to reduce the risk of cognitive decline and Alzheimer's disease, according to The National Institute on Aging. These are simple steps we can take to ensure a high quality of life through our golden years.

For patients who need help accessing their prescription medicines to manage aging-related diseases, the Partnership for Prescription Assistance is available to help. For five years, PPA has helped connect 6.5 million patients in need to programs that provide either free or nearly free medicines. For more information, patients can call 1-888-4PPA-NOW or visit pparx.org.

Larry Lucas is a vice president for Pharmaceutical Research and Manufacturers of America.

New Birth Control Option: *Planned Parenthood offers procedure*

Planned Parenthood Columbia Willamette has begun offering Adiana, an affordable permanent birth control option for women, to patients in Portland.

Adiana is a safe, simple, in-office procedure that prevents pregnancy

for the rest of a woman's life. It is 98.4 percent effective in preventing pregnancy, and can be performed during a simple office visit.

Adiana is a minimally-invasive, in-office procedure (no cuts or incisions). Tiny, soft inserts (about the

size of a grain of rice) are placed inside a woman's fallopian tubes, stimulating the body's own tissue to grow in and around the inserts, permanently blocking the fallopian tubes. No drugs or hormones are used. The procedure takes less than 15 minutes to perform, and only a local anesthetic is needed. Most women report little or no pain, and return to normal activities within one day.

"For women who no longer want to have children, Adiana is a non-

invasive, convenient option for permanent birth control," described Dr. Mark Nichols, the local health clinic's medical director. "The recovery period is extremely fast – most women are able to go back to work or normal activities the very next day."

Adiana is a permanent birth control option for women who are finished having children or don't desire to have children in the future. The procedure prevents pregnancy for the rest of a

woman's life, so she no longer has to remember to take a birth control pill, schedule appointments for a birth control shot, apply a birth control patch, or remember other types of birth control. The one-time cost of Adiana also eliminates the need to pay monthly or annually for birth control.

For more information about these procedures or to make an appointment at Planned Parenthood, call 1-888-576-PLAN (7526) or visit www.ppcw.org.

Class of 1970 40th Reunion



JEFFERSON

We need your help locating other classmates
If you have any names, phone numbers, emails, mailing addresses
please contact us.

Friday August 6th, 2010: Place to be announced

Saturday August 7th, 2010: Embassy Suites Portland Airport Hotel
(rooms available for only \$109 + tax)

Cost for reunion: Classmates \$65 spouse or companion \$45

Please R.S.V.P. as soon as possible to:

E-mail to: leilablakely@gmail.com (preferable)

Voice mail: Carol Erdmann 503-982-3051

Snail mail: JHS Class of 70 / PO Box 19905 / Portland, Oregon 97280

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We are located on the
corner of MLK and Russell
Street, on the second floor
above the coffee shop.

